

Acupuncture Classified Points – Xi Cleft Points

Each of the 12 primary channels and 4 of the 8 extra channels have Xi Cleft points. These are points where the Qi and Blood of each channel accumulates and plunges more deeply.

1. First Aid points

Xi Cleft points are usually used as first aid points.

2. Acute patterns of disharmony

These points can be very useful in the treatment of acute patterns of disharmony and pain, on the channel involved.

Some points are used less frequently than others, GB-36, BI-63, HT-6, LI-7, SJ-7, PC-4.

Organ	Point	Action
Lung	LU 6 <i>Kongzui</i>	Asthma, wheezing, chest pain
Location	On the flexor aspect of the forearm, 7 cun proximal to Tàiyuān LU-9, on the line connecting Tàiyuān LU-9 with Chǐzé LU-5.	
Spleen	SP 8 <i>Diji</i>	Acute period pain
Location	On the medial side of the lower leg, 3 cun inferior to Yīnlíngquán SP-9, in a depression just posterior to the medial crest of the tibia.	
Kidney	KID 5 <i>Shuiquan</i>	Regulates uterine blood amenorrhea, dysmenorrhea.
Location	1 cun inferior to Tàixī KID-3 in a depression anterior and superior to the calcaneal tuberosity (the site of insertion of the Achilles tendon into the calcaneum).	
Bladder	BL 63 <i>Jinmen</i>	Pain of the genital, testicles, or scrotum.
Location	On the lateral side of the foot, in the depression posterior to the tuberosity of the fifth metatarsal bone.	
Stomach	ST 34 <i>Liangqiu</i>	Acute and chronic knee pain, epigastric pain, breast pain
Location	On the thigh, on a line drawn between the lateral border of the patella and the anterior superior iliac spine, in a depression 2 cun proximal to the superior border of the patella.	
Small Intestine	SI 6 <i>Yanglao</i>	Acute shoulder pain, dislocations, difficulty sitting and rising
Location	When the palm of the hand is placed on the chest, this point is located on the dorsal aspect of the head of the ulna, in a cleft level with and to the radial side of the high point of the styloid process of the ulna.	